



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03689, Babyfood, cereal, oatmeal, prepared with whole milk

Report Date: June 24, 2017 23:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	74.50	--	--	21.12
Energy	kcal	116	--	--	33
Energy	kJ	485	--	--	137
Protein	g	5.00	--	--	1.42
Total lipid (fat)	g	4.10	--	--	1.16
Ash	g	1.10	--	--	0.31
Carbohydrate, by difference	g	15.30	--	--	4.34
Fiber, total dietary	g	1.1	--	--	0.3
Minerals					
Calcium, Ca	mg	220	--	--	62
Iron, Fe	mg	12.14	--	--	3.44
Magnesium, Mg	mg	35	--	--	10
Phosphorus, P	mg	160	--	--	45
Potassium, K	mg	204	--	--	58
Sodium, Na	mg	46	--	--	13
Zinc, Zn	mg	0.92	--	--	0.26
Copper, Cu	mg	0.094	--	--	0.027
Vitamins					
Vitamin C, total ascorbic acid	mg	1.3	--	--	0.4
Thiamin	mg	0.506	--	--	0.143
Riboflavin	mg	0.563	--	--	0.160
Niacin	mg	5.981	--	--	1.696
Pantothenic acid	mg	0.514	--	--	0.146

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Vitamin B-6	mg	0.060	--	--	0.017
Folate, total	µg	10	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	10	--	--	3
Folate, DFE	µg	10	--	--	3
Vitamin B-12	µg	0.30	--	--	0.09
Vitamin A, RAE	µg	22	--	--	6
Retinol	µg	19	--	--	5
Vitamin A, IU	IU	105	--	--	30
Lipids					
Fatty acids, total saturated	g	2.258	--	--	0.640
Cholesterol	mg	11	--	--	3
Amino Acids					
Tryptophan	g	0.067	--	--	0.019
Threonine	g	0.201	--	--	0.057
Isoleucine	g	0.256	--	--	0.073
Leucine	g	0.445	--	--	0.126
Lysine	g	0.311	--	--	0.088
Methionine	g	0.112	--	--	0.032
Cystine	g	0.104	--	--	0.029
Phenylalanine	g	0.222	--	--	0.063
Tyrosine	g	0.223	--	--	0.063
Valine	g	0.310	--	--	0.088
Arginine	g	0.269	--	--	0.076
Histidine	g	0.113	--	--	0.032
Alanine	g	0.203	--	--	0.058
Aspartic acid	g	0.398	--	--	0.113
Glutamic acid	g	1.102	--	--	0.312
Glycine	g	0.177	--	--	0.050
Proline	g	0.381	--	--	0.108
Serine	g	0.261	--	--	0.074
Other					